

5 A Day Recipes

Green Recipes

Spinach Salad with Marinated Vegetables

Serves 4

This hearty salad is rich in lutein and indoles. It provides each person with three and a half servings of vegetables. Served with a cup of soup, it makes a filling and delicious dinner. The marinated vegetables and croutons may be prepared ahead of time.

- 1 cup small, bite-sized cauliflower pieces (use fresh or thawed frozen)
- 1 cup sliced button mushrooms
- 8 stalks fresh asparagus, sliced on the diagonal into bite-sized pieces (about 1 cup)
- 1 14-ounce can quartered artichoke hearts in water, drained
- 1/2 cup reduced-fat red wine vinaigrette or Italian dressing, divided
- 4 slices white or sourdough bread, with crust cut off and bread sliced into bite-sized cubes
- 5 cups tightly packed spinach leaves (about 6 ounces), sliced into bite-sized pieces

Preheat oven to 350 degrees F. Steam or microwave together cauliflower, mushrooms and asparagus until asparagus is tender-crisp. Place in a medium bowl with artichoke hearts and toss with 3 tablespoons dressing. Cover and refrigerate.

Spread bread cubes in a shallow glass pan and toss with 2 tablespoons vinaigrette. Bake 10 minutes, until golden brown. Let cool. Toss spinach leaves with remaining dressing and croutons in a large serving bowl. Top with marinated vegetables and serve.

Nutritional Analysis per serving:

166 calories
25 grams carbohydrate
8.5 gram protein
5.6 grams fat
0.6 grams saturated fat
0.3 milligrams cholesterol
448 milligrams sodium
9 grams fiber
30% calories from fat
3% calories from saturated fat
3 1/2 "5 A Day" servings